

# Book 17

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## Me time

Bismillahirrahmaanirrahheem

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1. Sometimes you must take some "me time", and block out everything and everyone, and concentrate on your sincere worship to your creator (Allah)
2. You can not help others until you help yourself. It's not being selfish. The more you are kind to your self, and give yourself "me time", the more you are later able to be more kind to others